

FLAG FOOTBALL RULES

I. Field Measurements:

A. 50 yards long X 25 yards wide long and divided in 4 equal 12.5 yards each between the end zones

B. End Zones: 10 yards X 30 yards

II. Equipment:

A. REQUIRED: All players must wear mouth guards or will not be allowed to play.

B. ERAA issued footballs or equivalent are to be used in all games.

C. Jersey/shirts must be tucked in at all times. Flag belts must be worn with the clip facing forward so the flags will be positioned on the sides and rear of the player.

D. No metal spikes or steel tip cleats allowed.

III. General Game Rules:

A. Coin toss at the beginning of each game. The winner chooses to "kick" or receive. The other team chooses the direction they want to defend. Switch both at half.

B. 1 timeout per half for each team. Timeouts do not stop the clock, and are complete after 1 minute.

C. 7 players on the field at one time (both offense and defense).

D. Teams can play with fewer than 7 players if it is agreed upon by both coaches.

E. EQUAL PLAYING TIME IS MANDATORY. Every player must play at least 50% of the game (approximately 24 plays per game). **No kid can play the entire game when subs are present.**

F. No kickoffs. In any kickoff situation, the receiving team takes possession of the ball at its own 12.5 yard line.

G. No punts. In any punt situation the defense takes possession of the ball at mid field (25 yard line on a 50 yard field).

H. Points:

1. Touchdown = 6
2. Extra Point = 1 (Ball must be run or passed into the end zone from the 3rd yard line. There is no kicking of extra points).
3. Safety = 2

I. Play is blown dead when the flag belt is removed or when the ball carrier's knee hits the ground.

J. When the ball is fumbled or muffed, the whistle is blown for end of play and the ball is spotted where the fumble occurred. There is NO advancement or change of possession on a fumble.

K. If a flag belt falls off while the player is running, then the ball is dead at the spot of the flag.

L. It is understood that coaches will lead offenses that allow diversity in plays, and players who carry the ball, with the intent that all players have the opportunity to "touch" the ball.

IV. Game Length:

A. TWO (2) - TWENTY-FIVE minutes half for a total of FIFTY (50) minutes

C. FIVE (5) minute rest period at half time.

D. 30 seconds maximum in between plays. This is the key to ensuring that the maximum of plays are executed in a game.

E. When daylight becomes shorter, coaches shall agree prior to game time to 20 minute halves.

V. Offense:

There will be at least 3 players on the line of scrimmage.

B. Charging - no ball carrier may run through, or charge a defensive player.

C. The offensive backfield may not have more than three (3) players in at any time, and these players must be at least two yards behind the offensive line, except the quarterback when "under center"

D. All players are eligible to receive a forward pass.

E. A first down is attained whenever a 12.5 yard marker is crossed. This differs from regular football rules where you mark the beginning of the possession and then measure 10 yards from there. In flag, the 12.5 yard markers are stationary. First downs occur as you pass these markers. If a team is driven back behind a 12.5 yard marker, they are not awarded a first down until they cross the next 12.5 yard.

F. The center must snap the ball between legs. There may be 1 "bad snap" dead ball per possession that does not count as a play or loss of down.

G. Only one forward pass per play is allowed. That pass must be initiated from behind the line of scrimmage.

H. All laterals or backward passes are allowed.

I. A blocker cannot intentionally leave his feet, and all blocks must be made above the waist.

J. A blocker can use his hands if the hands are inside the shoulders. (This does not mean holding is allowed).

K. One back in motion is allowed.

VI. Defense:

A. The defensive line must line up no closer than one and a half (1.5) yard from the line of scrimmage, with the exception of the lineman over the center should be two (2) yards back, as to allow for a good snap. All defensive backs must line up no closer than three (3) yards from the line of scrimmage. One referee should stand so that he/she can watch the line! Defensive coaches are also responsible for keeping their teams on sides!

B. Defensive players may use their hands to force their way through line, but may not hold or grasp the offensive linemen.

C. Defensive players cannot use their hands "downfield" to push, block, grasp or hold any offensive player.

D. Defense must line up head to head with offensive linemen and tight ends. The defense cannot line-up more lineman than the offense. They must have at least three down lineman; but never more down lineman than the offense.

VII. Penalties (general football rules apply with the following exceptions):

A. Fighting results in ejection of both (or all) fighting players.

B. Drawing the defense offside by an irregular cadence is illegal procedure (5 yard penalty). A silent count is considered an irregular cadence.

C. Defensive off sides occurs when the imaginary one and a half (1.5) yard line is crossed (5 yard penalty).

D. Tackling is a penalty (10 yard penalty from the point of infraction). Tackling consists of either a physical tackle or pushing the ball carrier to the ground or out of bounds.

E. There are NO "stiff arms" in the face (10 yard penalty from the infraction). Note that stiff arms to the chest, shoulders, etc. are acceptable.

F. The ball carrier may not hold the flag belt in any way (at the clip, on the flags, etc.). Play is blown dead where the infraction occurred.

G. The flag belts cannot be secured by any other means except by the clip. Intentionally securing the flag belt in a way as to interfere with its removal will constitute in a 10 yard penalty with loss of down. Second infraction by same player will be ejection from the game.

H. The half or the game cannot end on a defensive penalty. If a penalty occurs when time has expired, assess the yardage and give the offense an additional play.

I. Only two coaches from each team may be in the field of play. He/she should do everything possible to get out of the way while the play is executing. This is especially true of the defensive coach.

1. First offense will result in a warning.
2. Second offense will result in a 10 yard penalty.

K. If a team has additional coaches, they should be used to help watch the lines and keep their benches in order. Please note: Only active players participating in the game should be on the field during play.

L. Mouth guards must be worn at all times. (10 yard penalty).

M. Be very careful on any DOWN FIELD penalties. Tripping and clipping of any kind will be automatic 15 yard penalties – no warnings.